

EDR048-SO

Xidhashada walaxda taageerta cagta ama taageertada, waxay noqon kartaa khibrad kugu cusub adiga iyo qoyskaaga, Halkan waxaa ah dhowr hagitaan oo lagugu caawinayo in aad la qabsado walaxda taageerta cagta(aha).

Kala nasashada

Waxay noqon kartaa ilaa hal asbuuc in aad la qabsato xidhashada walaxda taageerta cagta qadar wakhti ah oo dhakhtarkaagu uu kuu qoray. Dhowrka maalmood ee u horaysa, xidho walaxda lagu taageero cagta 1-2 saacadood wakhtigiiba, oo ay raacdo 30-60 miridh oo nasasho ah. Kordhi qadarka wakhtiga maalin kasta ilaa aad gaadho wakhtiga xidhashada la qoray.

Daryeelka Maqaarka

Ilaalinta waa mafaatiixda daryeelka maqaarka fiican sababtoo ah way adkaan kartaa in la bogsiiyo dhibaatooyinka maqaarka marka ay dhacaan.

Mid nadiif ah, sharabaad qalalan ama sharabaadka dheer waa in lagu xidhaa hoosta walaxda lagu taageero cagta wakhti kasta. Giiji markaas ma dhacaan laalaab maqaarka ah hoosta walaxda lagu taageero cagata. U beddel sharabaadka si maalinle ah. Haddii aad dhidido, u beddel in inta badan aad ah. Qoyaanku waxa uu sababi karaa dilaac maqaarka ah, koboca bakteeriya iyo ur.

Waa in aad ka hubisa maqaarka inta badan calaamado casaan ah ama badali Haddii calaamad casaan ama basali ah ay ahaato maqaarkaaga in ka abdan 30 miridh, ama walaxda taageerta cagtu aanay raaxo lahayn, waxaa jiri kara cadaadis aad u badan oo waa in aad la xidhiidhaa khabiirka walxaha cagta lagu taageero.

Iska ilaali isticmaalka looshanka, kiriimada iyo saliidaha guudka maqaarka, maxaayeelay walxahan waxay jilciyaan maqaarka oo waxay keeni karaan barar biyo galaan ama cuncun kale oo maqaarka ah. Witch hazel, shay laga helo farmasiiyada, ayaa loo isticmaali karaa in lagu adkeeyo maqaarka.

Mari witch hazel maqaarka oo aayar taabo ilaa ay qalasho.

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at 651-229-3890.

Haddii dhibaato sida barar biyo galaan, boog furan, barar, adkaansho xad dhaaf ah ama xanuun aad u daran uu dhaco, jooji isticmaalka walaxda taageerta cagata oo wac dhakhtarkaaha ama khabiirka walxaha cagta lagu taageero.

Nadiifinta Walaxda cagta lagu taageero

Ku nadiifi walaxda cagta lagu taageero mar maalintii saabuun degen iyo biyo diiran ama isbiirto. Waxaad masaxi kartaa gooska adag ee ku xabagaysan walaxda taageerta cagta siiba (waxba ma yeeli doonto). Ogow in walaxdaada taageerta lugto in ay qalasho ka hor inta aanad dib u xidhan.

Ballamaha La socodka ah

Ballamaha la socodka ah waa kuwa si xad dhaaf ah muhiim u ah si loo hubiyo in markaad korto, walaxda taageerta lugtu ay si wanaagsan u legtahay oo ay si sax ah u shaqaynayso. Haddii wakhti kasta, walaxdaada taageeradu ay u baahantahay dib u samayn ama aanay u eekayn in ay sax u le'egtahay, waxaad ka qabsan kartaa ballan waaxda OPS (Ilkaha, Xubnaha Macmalka ah iyo Fadhiga).

Waxaad si maangal ah u arki doontaa dhakhtarkaag 4-6 bilood oo kasta wixii baadhid ah. Waa ay fiicantahay haddii aad aragto khabiirka walxaha lagu taagero cagta maalintaa siiba. Marka aad qorshaynayso ballanka rugta caafimaad, hubso inaad codsato ballanka OPS si loo baadho walaxdaada lagu taageero lugta.

Haddii aad su'aalo ama walaacyo ka qabto lugaha macmalka ah, fadlan la xariir 651-290-8707 si aad balan u qabsato.